



ALTRU FAMILY YMCA

# FOOTBALL ACADEMY



**Sundays • February 5, 12, 19**

## OFFENSIVE & DEFENSIVE LINEMAN CAMP

While attending the previous session is not required as the essential skills are taught at every session, we will be reviewing and critiquing the techniques that players learned in the first O & D Line session. As technique improves, we will challenge players to be consistent, move at full speed, and develop explosiveness with their hips and hands.

**Grade 3+    Noon**

**Grade 7+    1:15 pm**

**\$30**



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POSITION SPECIFIC TRAINING FOR YOUNG ATHLETES

Contact: Adam Sorum / [asorum@gfymca.org](mailto:asorum@gfymca.org)

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